



Friendship Heights

VILLAGE NEWS

JULY 2019

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301-656-2797



**A day in St. Michaels,
see page 5.**

Party in the park during our annual July 4th celebration!

Join your neighbors for an old-fashioned celebration with hot dogs, patriotic music and fun on **Thursday, July 4, from 2 to 4 p.m.**, at the Village Center and in Hubert Humphrey Park.

This annual event features the Frank Cassel and the New Mountain Fever Band, a trackless train for all ages, and Tuti Frutti the Clown.

During the celebration, the

Village Council will recognize Norman Knopf with the Elizabeth Scull Outstanding Community Service Award. This award is given to those demonstrating significant service within the community and the greater area.

Village residents Judith Abrahams, Margaret Levine, Gita Pancholy and Kritika Sharma will also be honored with community service awards.



A chance to clear your clutter at our Village Yard Sale

Village residents are invited to participate in a summer yard sale in Humphrey Park in front of the Village Center on **Saturday, July 20, from 10 a.m. to 1 p.m.**

Participants must rent a 6-ft. table from the Village Center for \$12. One table per household. Two chairs per table will also be provided. There are a limited number of tables available for rent. Register at the Village Center beginning July 1. Tables will be set up no earlier than 9 a.m. on Saturday, July 20. Items for sale must be confined to your immediate table space. All unsold items must be removed from the table and the park by 2 p.m. Only Village residents may rent a table. To register for this event, call the Village Center at 301-656-2797.



Cool off at our children's splash party in Willoughby Park this month

Village children, ages 10 and younger, their families and friends are invited to enjoy a fun summer pastime when we host a Summer Splash Party in Willoughby Park on **Tuesday, July 16, from 10:30 a.m. to noon.**

The party will feature a sprin-

kler and other water toys designed to beat the heat. There is no charge for this event. Children must be accompanied by an adult or caregiver over the age of 16. Refreshments will be served. To register for this event, call the Village Center at 301-656-2797.

Two plays in a day in Shepherdstown, see page 5.



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The Village News is a publication of the Village Council, the elected governing body of the Special Tax District of the Village of Friendship Heights, 4433 South Park Avenue, Chevy Chase, MD 20815, 301-656-2797. The newsletter is produced through the cooperative efforts of volunteers, Council members, and Village staff.

ADVERTISING

The deadline for reserving space in the August issue is July 5. For suggestions about news items or information on advertising rates, call 301-656-2797. Acceptance of advertising does not represent endorsement by the Village of Friendship Heights for any product or service, nor is the Village of Friendship Heights responsible for representations made by advertisers.

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Village Council Update

Delegate Marc Korman speaks at Council meeting



Delegate Marc Korman

At the June 10 Village Council meeting, Maryland Delegate Marc Korman spoke and answered questions from the audience. Delegate Korman is one of four representatives in the state for District 16, along with Delegates Ariana Kelly and Sarah Love and Senator Susan Lee. He was recently reelected to his second term as Chair of the Montgomery County legislative delegation.



Landscaping improvements in the Village continue

The Council discussed the state of the grass strips—the area between the sidewalk and curb—at the June 10 Council meeting. The strips need to be rehabilitated in a number of areas around the Village. It is a challenge keeping these areas well maintained due to heavy foot traffic and the lack of water.

Our landscaping contractor, GreenSweep, recently finished restoring the grass strip by The Willoughby on North Park Avenue, and the strip on The Hills Plaza behind Highland House (see photos at left). We have arranged with the management of The Willoughby and The Carleton to water the newly planted seed by their buildings. We hope to make similar arrangements with other buildings as needed.

In early July, GreenSweep will work on the grass strips around Humphrey Park, where there is irrigation. Several other areas around the Village will be seeded and watered in the fall, when the weather is more favorable.

Additionally, our annual hanging flower baskets have been installed and are growing out nicely.



Actions taken at the June 10 Council meeting:

- Selected Norman Knopf to receive the Elizabeth Scull Community Service Award; selected Judith Abrahams, Margaret Levine, Gita Pancholy, and Kritika Sharma to receive community service awards.
- Approved proposal from Chamberlain Contractors for sidewalk replacement for a total of \$32,300.
- Approved proposal from Chamberlain Contractors to clean Village storm drains for a total of \$10,150.
- Established loading zone on North Park Avenue near The Elizabeth garage.
- Appointed standing Village Council committees.

The next Council meeting, open to the public, will be Monday, July 8, 7:30 p.m.

Exploring the link between music and brain development

Music is more than just entertainment. Studies have shown music and movement play critical roles in language development and in helping patients recover from brain injury. Marsha Goodman-Wood will explore the impact of

music on brain development in children and look at the connection between music in the developing brain and in the brain recovering from a traumatic brain injury on **Wednesday, July 31, from 3 to 4 p.m.** at the Village Center.

Marsha Goodman-Wood studied cognitive neuroscience at Columbia College, Columbia University and did her graduate work at the University of Missouri. She is also a professional musician and music teacher. She has worked closely with parents and young babies, and children of all ages for over a dozen years, and is an award-winning singer/songwriter. She performs on the second and fourth Tuesday of the month at the Village Center.

Music helps to integrate sensory-motor experiences in young children. Scientists are seeing similar effects on patients with Alzheimer's, Parkinson's and other memory impairments.

When we make music with our children, we are nurturing social skills and emotional development. Music helps to integrate sensory-motor experiences in young children. Skills that are affected positively by music include development of balance, control and coordination; development of kinesthetic awareness (which is awareness of how the body feels as it moves); and self-awareness.

Interestingly, scientists are seeing similar effects of music on these skills within various patient groups where deficits in these skill areas are present as a result of their condition, such as patients dealing with Parkinson's disease, Alzheimer's and other memory impairments, recovery following a stroke, and Autism spectrum disorder.

This talk is free, but please call the Village Center at 301-656-2797 if you plan to attend.



A new novel on love and betrayal in Burma

Village resident, poet, playwright, artist and author Kyi May Kaung will read from her new novel, "Wolf," on **Wednesday, Aug. 21, from 3 to 4 p.m.** at the Village Center.

"Wolf: A Novel of Love and Betrayal" is about a freedom fighter's search for autonomy in the aftermath of the clamp-down on Burma's mass pro-democracy demonstrations.

It's Sept. 18, 1988, in Rangoon, Burma. The junta's clamp-down on the pro-democracy movement has just begun. Mothi Awegoke, a young college student, is fleeing from the dreaded M.I. or Military Intelligence, when a young woman in a white Mercedes stops and picks him up.

Thus begins Mothi's odyssey from fourth world university to the jungle, to the great cities of the world and their slums.

Kaung introduces us to the women in Mothi's life—his old, rich mother; his beautiful, gutsy sister Inn Inn; Little Miss Flute; the Chinese woman Miss Rose; Thuzar, who rescued him; and the love of his life—American photojournalist Felicity Harwood. Travel with Mothi to the great cities of the world and their slums, struggle with him through back-stabbing and front-stabbing from his so-called colleagues.



Five years in the writing, Kaung weaves in real and imagined characters seamlessly in a stunning epic for modern times. New York Times bestselling authors Debbi Mack and Amir Soltani have both praised this work.

Kaung holds a Ph.D. from the University of Pennsylvania, specializing in the study of authoritarian systems such as Burma, Russia and China. She won the William Carlos Williams Award of the Academy of American Poets in 1994, has published two poetry chapbooks, short stories and novellas and has done about a dozen readings internationally. Kaung was a Pew Finalist in Literature twice. Edward Albee praised her play "Shaman." In Rangoon, she taught economics. From 1997 to 2001 she worked in broadcasting to Burma from Washington, D.C. From 2001 to 2011 she worked with Burmese nonprofits training non-governmental organizations workers in Chiangmai, Thailand, and with the Maryland-based Burmese Government in Exile as a senior analyst.

"Wolf" is based on many survivor stories, including her own, and the stories colleagues told her so casually on trips and over lunch at the office.

This event is free, but please call the Village Center at 301-656-2797 if you plan to attend. Copies of "Wolf" will be available for purchase.

ON THE GO

Sample the treasures of Maryland's Eastern Shore

Just a few spaces remain for our trip to beautiful St. Michaels on Maryland's Eastern Shore.

Visit this colonial harbor town for a full day of activity that offers something for everyone on **Wednesday, July 10**. We'll depart from the Village Center at 8 a.m. and should return by 7 p.m.

Spend the day along a beautiful stretch of waterfront property located on the St. Michaels harbor and the scenic Miles River.

We'll begin with a highlights tour of the Chesapeake Bay Maritime Museum, then enjoy lunch at The Crab Claw, a famous restaurant overlooking St. Michaels Harbor. The scrumptious traditional Eastern Shore menu offers visitors lunch, including crab cake and chicken.

Then, enjoy a relaxing hour-long cruise on The Patriot, a 149-passenger cruise ship guided with a historic narration about St. Michaels and the surrounding area.

The cost of the trip, which includes round-trip transportation, admission and tour of the Chesapeake Bay Maritime Museum, lunch at The Crab Claw, cruise aboard the Patriot, and all taxes and gratuities, is \$128.



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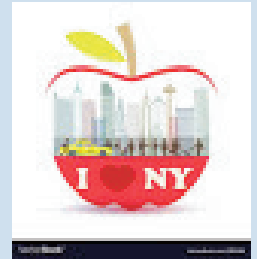
SAVE THE DATE

**Sunday, Dec. 8 and
Monday, Dec. 9:**

New York in December.

**Travel with us to the
Big Apple to see "Ain't
Too Proud to Beg" on**

**Broadway and the iconic Rockettes
Christmas Spectacular. Watch the
August newsletter for details.**



Take in two plays and brunch in Shepherdstown

Don't miss your chance to experience this year's Contemporary Arts Theater Festival in Shepherdstown, West Virginia. We have tickets to "My Lord, What a Night" and "Support Group for Men" on **Sunday, July 21**. Prior to the performances, we'll enjoy a European Sunday Brunch Buffet at the famed Bavarian Inn.

Based on actual events during a turbulent time in our nation's history, Deborah Brevoort's "My Lord, What a Night," offers a rare glimpse into what transpired on a fateful evening in 1937 when Albert Einstein invites singer Marian Anderson to stay at his home.

We'll also see the comedy "Support Group for Men." Every Thursday is Guys' Night for a group of pals who gather to vent about stalled careers, dashed romances, and other middle-aged struggles. When an unexpected visitor crashes the party, their notions of what it means to be a man in America are suddenly upended.

Brunch at the Bavarian Inn includes an omelet station, breakfast favorites, traditional German fare, prime rib, turkey, ham, meatloaf, salads, desserts and much more.

We'll depart from the Village Center at 10 a.m. and should return by 10 p.m.

The cost of the trip, which includes round-trip transportation, tickets to both plays, European Sunday Brunch at the Bavarian Inn, and all taxes and gratuities, is \$214.

Sign up immediately at the Village Center.

PLAYING on the BIG SCREEN

All movies begin at 7 p.m. Enjoy free popcorn during the movies.

Please note that PG-13 and R-rated movies may contain sexual situations, violence and/or offensive language.

Thursday, July 4, No movie—July 4th celebration at the Village Center, 2 to 4 p.m.

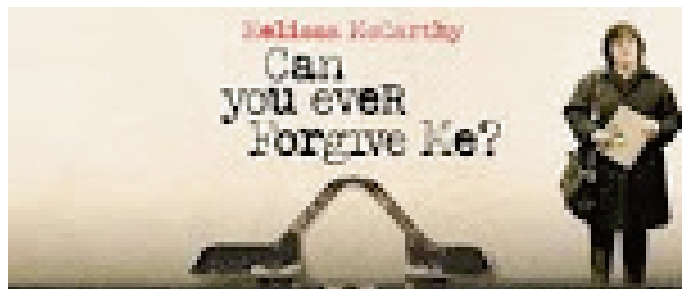
Thursday, July 11, 7 p.m.—Movie—“Mary Poppins Returns” —

Directed and produced by Rob Marshall, “Mary Poppins Returns” also stars Lin-Manuel Miranda, Ben Whishaw, Emily Mortimer and Julie Walters with Colin Firth and Meryl Streep. The film, which introduces three new Banks children, played by



Pixie Davies, Nathanael Saleh and newcomer Joel Dawson, also features Dick Van Dyke and Angela Lansbury. The film is set in 1930s Depression-era London (the time period of the original novels) and is drawn from the wealth of material in P.L. Travers’ additional seven books. In the story, Michael and Jane are now grown up, with Michael, his three children and their housekeeper, Ellen, living on Cherry Tree Lane. After Michael suffers a personal loss, the enigmatic nanny Mary Poppins re-enters the lives of the Banks family, and, along with the optimistic street lamplighter Jack, uses her unique magical skills to help the family rediscover the joy and wonder missing in their lives. Mary Poppins also introduces the children to a new assortment of colorful and whimsical characters, including her eccentric cousin, Topsy. Rated PG. Running Time: 130 minutes.

Thursday, July 18, 7 p.m.—“Can You Ever Forgive Me?”— Lee Israel is a frustrated, hard-drinking author who can barely afford to pay her rent or bills in 1990s New



York. Desperate for money, Israel soon hatches a scheme to forge letters by famous writers and sell them to bookstores and collectors. When the dealers start to catch on, Lee recruits a dubious friend to help her continue her self-destructive cycle of trickery and deceit. Rated R. Running Time: 107 minutes.

Thursday, July 25, 7 p.m.—Movie—“Spider-Man: Into the Spider-Verse” — Phil Lord and Christopher Miller, the creative minds behind “The Lego Movie” and “21 Jump Street,” bring their unique talents to a fresh vision of a different Spider-Man universe, with a groundbreaking visual style that’s the first of its kind. “Spider-Man: Into the Spider-Verse” introduces Brooklyn teen Miles Morales and the limitless possibilities of the Spider-Verse, where more than one can wear the mask. Stars Shameik Moore. Rated PG. Running Time: 100 minutes.

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ART and CULTURE

Showcasing our “wonderful world” during our community art exhibit



You are invited to visit Friendship Gallery this month to see “It’s a Wonderful World,” a multi-media juried exhibit, sponsored by the Village of Friendship Heights and open to all area artists. Awards will be given to the winners at a reception on **Sunday, July 14, from 11:30 a.m. to 1 p.m.** All are invited to attend.

This year’s juror is Llewellyn Berry,

photographer and Village instructor. Berry taught

photography, radio production, broadcast journalism and media studies in the D.C. Public Schools for almost 40 years. As a photographic artist, Berry has exhibited throughout the D.C. area, in Cuba and South Africa where he also lectured on photography and photojournalism.

He is the founder of the Kindalew Gallery and the Kindalew Collective. In retirement he continues his work as a photographic artist and teaches two photography classes at the Village Center.

The exhibit runs until August 4. Exhibit hours are Monday through Thursday, 9 a.m. to 9 p.m.; Friday, 9 a.m. to 5 p.m.; and Saturday and Sunday, 9 a.m. to 2 p.m. Art in the auditorium is occasionally not available for viewing because of activities in that room; check with the front desk receptionist when you arrive. Please note that all sales of art are final.



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Friendship Heights
Village Center



Calendar
of Events 2019

JULY						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 1:30 p.m.: Writing Your Life Stories	2 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 12–4 p.m.: Blood Pressure Screening 1 p.m.: Balance and Fall Prevention 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7 p.m.: Mat Pilates 7:30 p.m.: Council Finance Committee meeting	3 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 11 a.m.: Chair Exercise 12 p.m.: Chess 1 p.m.: All in the Eyes No concert	4 2–4 p.m.: July 4th Celebration	5 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events	6 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
7 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	8 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 12:30 p.m.: Bridge Club 7:30 p.m.: FRIENDSHIP HEIGHTS VILLAGE COUNCIL MEETING	9 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman- Wood 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Speech Therapy 3–4 p.m.: Tea 7 p.m.: Mat Pilates	10 8 a.m.: Depart for St. Michaels 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 1 p.m.: Suburban Lecture: Stroke symptoms 7 p.m.: Concert: Steven Hom and Karla Chisholm	11 8:15 a.m.: Walking Club 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Mary Poppins Returns	12 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	13 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
14 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 11:30 a.m.–1 p.m.: Art Reception	15 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 2 p.m.: AARP Smart Driver Workshop	16 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 10:30 a.m.: Children’s Splash Party 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea 7:30 p.m.: Council Communications Committee meeting 7 p.m.: Mat Pilates	17 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Richard Miller	18 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Can You Ever Forgive Me?	19 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	20 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 10 a.m.–1 p.m.: Village Yard Sale 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
21 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers 10 a.m.: Depart for Shepherdstown	22 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 6:30–8:30 p.m.: Monday Mountain Music Jam	23 8:15 a.m.: Walking Club 10 a.m.: Village Playtime: Music with Marsha Goodman- Wood 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea	24 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 7 p.m.: Concert: Marsha and the Positrons	25 8:15 a.m.: Walking Club 10:30 a.m.: Chair Yoga and Meditation 11 a.m.: Still Life and Beyond 4–5:30 p.m.: Spanish Conversation 7 p.m.: Movie: Spider Man: Into the Spider-Verse	26 9:15 a.m.: Drop-In Tai Chi 10:30 a.m.: Coffee and Current Events 1 p.m.: Abstract Painting	27 8:15 a.m.: Walking Club 9 a.m.–1 p.m.: Twin Springs Farm Market 9:30 a.m.: Children’s Photography 10:30 a.m.: Basic Photography
28 9:10 a.m.: Yoga 9:30 a.m.–1 p.m.: Coffee and Sunday Papers	29 9:30 a.m.: Tai Chi Intro. 10 a.m.: Great Books 10 a.m.–2 p.m.: MVA Mobile Office	30 8:15 a.m.: Walking Club 10 a.m.–12 p.m.: Village Playtime 11 a.m.: Village Book Club 12–4 p.m.: Blood Pressure Screening 2–4 p.m.: Nurse Specialist 3–4 p.m.: Tea	31 9:30 a.m.: Tai Chi Ongoing 10:15 a.m.–1 p.m.: County Mobile Commuter Store 10:15 a.m.: Yiddish 12 p.m.: Chess 1 p.m.: All in the Eyes 3 p.m.: Link Between Music and Brain Development 7 p.m.: Concert: Jenny Wilson Trio	A listing of monthly activities is available after hours by calling the Village Center		

Shuttle bus hours



Monday through Friday 6:40 a.m. to 9:40 p.m.
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Village Center Hours

Monday through Thursday 9 a.m. to 9 p.m.
Friday 9 a.m. to 5 p.m.
Saturday and Sunday 9 a.m. to 2 p.m.



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Press 11



CLASSES AND CLUBS

PLEASE SIGN UP AT LEAST 48 HOURS BEFORE THE START OF A SESSION. A CLASS MAY BE CANCELED IF IT DOES NOT HAVE A MINIMUM NUMBER OF PARTICIPANTS REGISTERED. PARTICIPANTS MUST PAY FOR THE FULL SERIES — NO REFUNDS AFTER CLASS BEGINS.

All participants in fitness classes, as well as Drop-in Tai Chi and sample classes, are required to sign a liability waiver when they register.

In the event a class is canceled, a make-up class will be held during the week following the last class of the session.

ART

ABSTRACT PAINTING

A 6-week class, taught by Joan Samworth, Fridays, 1 to 4 p.m., June 21–Aug. 9. Class will not meet July 5. The participants will construct a three-dimensional shape that will become their inspiration for abstract paintings. Limit 10 students. For those who have previously taken this class; others may call Samworth at 301-346-7238. \$120 for residents; \$135 for nonresidents.

ALL IN THE EYES

A 6-week class, taught by Marianne Winter, Wednesdays, 1 to 3 p.m., June 12–July 24. Using photographs and beginning with the eyes, the class will hone the skills of those who want to draw faces. Bring a pad and pencil or pastel to the first class; some previous experience in drawing is necessary. \$75 for residents; \$80 for nonresidents.

BASIC PHOTOGRAPHY

An 8-week course in black and white and color photography for adults, taught by Llewellyn Berry, Saturdays, 10:30 a.m. to 1:30 p.m., June 15–Aug. 3. \$130. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Instruction takes place in the classroom as well as in the field. Students must bring a camera to class; digital cameras are preferred.

BASIC PHOTOGRAPHY FOR CHILDREN

An 8-week course in black and white and color photography for children. Taught by Llewellyn Berry, Saturdays, 9:30 to 10:30 a.m., June 15–Aug. 3. \$80. Students will become skilled at using their cameras, understand how to see and use available light, and learn about composition and subject selection. Students must bring a camera to class; digital cameras are preferred. A minimum of four students.

STILL LIFE AND BEYOND

A 6-week class, taught by Joan Samworth, Thursdays, 11 a.m. to 2:30 p.m., June 20–Aug. 8. The class will not meet on July 4. \$120 for residents; \$135 for nonresidents. Participants will work on one still life set up for 6 weeks, experimenting with various palettes and approaches. Limit 14 students. Participants will provide their own subject matter. Bring a sketchbook for mixed media (paper over 90 lbs.). The sketchbook will be an integral part of the class. Samworth will present various materials, techniques and ideas to inspire original work.

WRITING AND MORE

SPANISH CONVERSATION

Elena Marra Lopez, a Village resident and longtime Spanish teacher, conducts a Spanish conversation group on Thursdays, 4 to 5:30 p.m. Please note that no English will be spoken during the sessions. **Free.** Minimum of five participants; maximum of eight.

EXERCISE

BALANCE AND FALL PREVENTION

A 4-week class, Tuesdays, 1 to 1:50 p.m., June 4–July 2. The class will focus on simple exercises that improve overall balance. \$45 for residents; \$50 for nonresidents. Questions? Email instructor Tonya Walton at staraka4u@gmail.com.

BALANCE, MOVEMENT AND MEMORY

A 6-week class, Fridays, 10:30 to 11:30 a.m. Exercises are designed to target balance issues and physical strength. Instructor Cheryl Clark is a licensed Physical Therapist Assistant who has been working on the aging body and its complexities for over 15 years. Class will resume in September. Watch the Village News for details about the next session.

CHAIR EXERCISE

A 4-week class, Wednesdays, 11 to 11:50 a.m., June 5–July 3. The class, taught by Tonya Walton, is especially for people who want to tone upper and lower body muscles, as well as improve strength and energy, through chair exercises. \$70 for residents; \$75 for nonresidents.

DC TAI CHI (INTRODUCTION)

A 6-week class, Mondays, 9:30 to 10:30 a.m., July 15–Aug. 19. Taught by internationally recognized Master Nick Gracenin. Study the essentials of traditional Tai Chi and Qigong, and improve balance, circulation,

strength and relaxation. Beginners welcome; maximum number is 20. \$70 for residents; \$75 for nonresidents. Visit www.dctaichi.com for more information.

DC TAI CHI (ONGOING)

A 6-week class, Wednesdays, 9:30 to 10:30 a.m., July 17–Aug. 21. Taught by internationally recognized Master Nick Gracenin. Study the forms and routines of traditional Tai Chi and enjoy non-competitive interactive partner work. Fundamental training is required; maximum number is 20. \$70 for residents; \$78 for nonresidents. Visit www.dctaichi.com for details.

MAT PILATES

A 6-week session, Tuesdays, 6:30 to 7:30 p.m., June 4–July 9. Pilates movements tone the body from “the inside out” bringing about core-strength, muscle balance and proper spinal alignment. This class is for both beginners and intermediate students. Please check with your physician before signing up; not recommended for pregnant women. Instructor Ginger Russell is certified in Pilates by both PhysicalMind Institute and Powerhouse Pilates. \$85 for residents; \$90 for nonresidents. Please bring a Pilates/yoga mat and bath towel.

CHAIR YOGA & MEDITATION

A 6-week session, Thursdays, 10:30 to 11:45 a.m., Aug. 15–Sept. 19. In this class you will stretch, strengthen, and breathe through gentle yoga movements and leave centered after a guided meditation. You will be seated in a chair or use one for support. Experience the mental and physical benefits of yoga and meditation practice that a myriad of scientific studies have promoted for years. Incorporating a weekly yoga and meditation practice in your life can enhance your health,

increase strength and flexibility, and reduce stress, depression and anxiety. Instructor Louisa Klein has more than 40 years experience teaching all ages. She is a member of the International Yoga Teachers Association (IYTA) and former Vice President of IYTA USA. \$70 for residents; \$75 for nonresidents.

STRENGTH TRAINING

A 6-week class, Mondays, 1 to 1:50 p.m. The class, taught by Tonya Walton, focuses on increasing mobility, flexibility, balance, and overall strength. Will resume in September. Watch the Village News for details about next session.

YOGA

An 8-week class in Hatha Yoga for beginning and continuing students, taught by Robin Dinerman, host of TV’s “Cherryblossom Yoga.” Sundays, 9:10 to 10:30 a.m., June 23–Aug. 11. This session includes semi-strenuous postures, stretches, and coordinated breathing, as well as a quiet period for relaxation and meditation. Wear loose clothing, bring a thick blanket or large towel and mat, and don’t eat for two hours before class. \$115 for residents; \$128 for nonresidents.

ONGOING GROUPS

BLOOD PRESSURE SCREENING/ SUBURBAN NURSE

A Suburban Hospital nurse offers free blood pressure screenings, Tuesdays, 12 to 4 p.m. The nurse is also available for consultations, Tuesdays, 2 to 4 p.m.

CHESS

An informal group plays chess on Wednesdays, 12 to 2:30 p.m. All levels are welcome. Call Greg Drury at 202-674-8102 for more information.

COFFEE AND CURRENT EVENTS

This long-running discussion group meets Fridays, 10:30 a.m. to 12 p.m. Led by group members.

DROP-IN TAI CHI

Student-led sessions, Fridays, 9:15 to 10:15 a.m. Cost is \$3 per class.

GREAT BOOKS GROUP

Book lovers participate in lively discussions about books usually taken from the Great Books series. Meets Mondays, 10 to 11:45 a.m. Call Jean McNelis at 301-656-6695.

HEALTH INSURANCE COUNSELING

The local State Health Insurance Program (SHIP), 301-255-4250, provides Medicare beneficiaries with unbiased information about health insurance benefits, guidance and assistance with enrollment, and help solving problems. SHIP can also help determine if individuals are eligible for help paying for Medicare coverage. The services are provided by staff and trained volunteers at the Jewish Council for the Aging.

SPEECH SUPPORT

An aphasia support group facilitated by Susan Wranik, board certified speech-language pathologist, and sponsored by the NIH Suburban Hospital Stroke Program. Open to adults with speech impairment due to stroke, Parkinson’s or dementia, who need help with communication. Meets the second Tuesday of every month, 3

Continued on page 14, see Classes

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CONCERTS

Summer concerts are held every Wednesday from 7 to 8 p.m. in Humphrey Park in front of the Village Center. In the event of inclement weather, the performance will be moved indoors.

Wednesday, July 3 —No concert— We're preparing for our July 4th celebration.

Wednesday, July 10—Steven Hom and Karla Chisholm— Vocalist Karla Chisholm debuted at the Montreaux Jazz Festival; she has performed across the United States and around the world. Steven Hom has been playing guitar since age 12 and has had a 30-year career as an antitrust, securities and nuclear energy litigation attorney. The program will be standards from the Great American Songbook, with pieces from George and Ira Gershwin.

Wednesday, July 17—Richard Miller— Richard Miller explores the richly expressive sounds of the nylon string guitar (both 7 string and 6 string) with a repertoire that includes Brazilian styles (choro, samba, bossa nova, forró, etc.), American jazz, Latin American styles (salsa, bolero, tangos, etc.), and Classical guitar. He is also active as an educator, composer, and writer/presenter for academic publications and conferences.

Wednesday, July 24 —Marsha and the Positrons— Through original songs, children learn about health and fitness, science and how the world works. The audience is encouraged to dance and sing along with Marsha Goodman-Wood



and D.C. jazz bass player, Wardell Howell. This family-friendly event promises to be fun for all ages.

Wednesday, July 31—Jenny Wilson Trio— Jenny Wilson is the pianist and vocalist of this family jazz trio. She will be joined by her husband, Nathan, on acoustic bass, and son, Evan Lintz, on drums. The trio has been together more than 10 years. The group has recorded four CDs and performs from Maine to Florida, with regular gigs in Maryland, Pennsylvania, Virginia and West Virginia.

The trio has roots in Chevy Chase where bassist Nathan Wilson was born and raised. After attending Bethesda-Chevy Chase High School and St. Mary's College, he moved to Pittsburgh where he met his wife and musical partner Jenny Wilson. Jenny is a native of New York City,

is a graduate of the University of Southern Maine music program and has a Master of music degree from West Virginia University.



Marsha's Musical Mornings for toddlers on Tuesdays

Join Marsha Goodman-Wood and her guitar for singing, dancing and fun for children of all ages on **Tuesday, July 9, and Tuesday, July 23, at 10 a.m., at the Village Center.**

Goodman-Wood, a singer and songwriter, performs her own original songs for kids and well-known favorites guaranteed to get you singing and dancing.

Toddlers and their friends and siblings are welcome, but must be accompanied by a parent or caregiver. All ages are invited! Call the Village Center at 301-656-2797 for details.



TO YOUR HEALTH

How to spot the symptoms of a stroke — Think F.A.S.T.

What would you do if your loved one was experiencing a stroke? Do you know the warning signs of a potential brain attack? Every minute counts!

Join Mary Rucker, program manager of the NIH Stroke Center at Suburban Hospital, as she shares lifesaving strategies from the field so you can act F.A.S.T. during this month's Suburban Lecture on **Wednesday, July 10, from 1 to 2 p.m.** at the Village Center.

The lecture is free, but please call the Village Center at 301-656-2797 to let us know if you plan to attend.

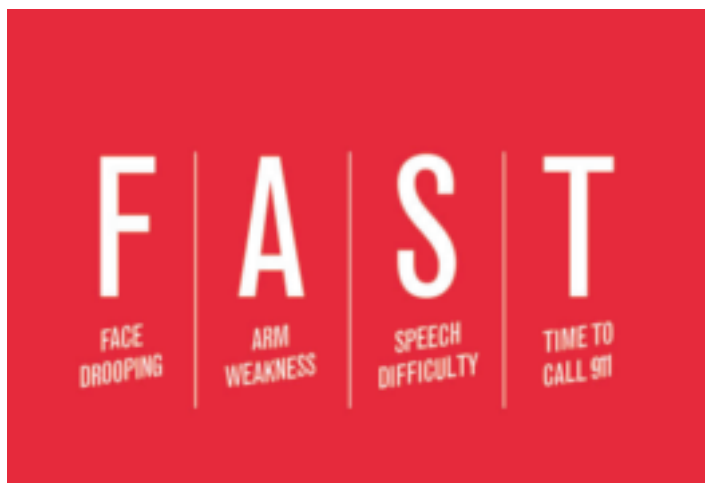
Vision Resource Forum

Summer Eye Protection

As the Vision Resource Forum takes a break for the summer, don't take a break from protecting your eyes.

The American Academy of Ophthalmology recommends taking the following precautions to keep your eyes safe:

- 1) Choose sunglasses with full UV protection: Look for glasses labeled UV400 or 100 percent UV protection.**
- 2) Pay attention to the lens style. Wrap-around provide better protection.**
- 3) Buy sunglasses from a reputable retailer. Do your research.**
- 4) Wear a hat at all times when outside, even when it's cloudy. This also protects your scalp from sun damage.**
- 5) Always wear swim goggles. Goggles are necessary for indoor and outdoor pools to protect against eye infections.**
- 6) Don't swim in contact lenses. Eyes are more likely to get irritated and more susceptible to infection.**
- 7) Be careful when working around the house. Summertime also means an increase in risk from hazardous chemicals and flying debris.**
- 8) Wash your hands frequently. It's important any time of year to help to prevent the spread of eye infection.**



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Classes, continued from page 11

to 4 p.m.

TEA

Village volunteers serve hot beverages, cookies, assorted pastries, and fruit on Tuesdays, 3 to 4 p.m.

VILLAGE BOOK CLUB

The book club meets one Tuesday morning a month to discuss books chosen by the group. See this page for details.

VILLAGE BRIDGE CLUB

The bridge club meets Mondays, 12:30 to 3:30 p.m. Village residents are encouraged to drop in. Cards will be supplied.

VILLAGE PLAY TIME

Toys are set out at the Center most Tuesdays, 10 a.m. to 12 p.m. Children must be accompanied by a caregiver over age 13. Marsha Goodman-Wood performs music from 10 to 11 a.m. on the second and fourth Tuesday of the month.

VISION RESOURCE LUNCH AND LEARN (formerly Vision Support Group)

Meets the fourth Thursday of the month from noon to 1 p.m. See page 13 for details.

WALKING CLUB

Leaves the Center Tuesdays, Thursdays and Saturdays at 8:15 a.m. for a walk through a nearby neighborhood.

Call Eniko Basa at 301-657-4759 or Helen Davis at 301-718-6340 for details.

YIDDISH

Meets Wednesdays at 10:15 a.m. to speak and read in Yiddish. Call Maurice Singer at 202-362-0883 for details.



A Note from the Program Director

As a courtesy to our speakers, authors and performers—

- Turn off cell phones.
- Do not take food or drink into the auditorium.
- Arrive on time for all events.
- Unless it is an emergency, please stay until the conclusion of the program. It is distracting to others in the audience and the presenters when people walk out. Plenty of time to catch the shuttle bus will always be provided.



A day in St. Michaels, see page 5.

The Village Book Club will meet on **Tuesday, July 16, at 11 a.m.** The book selection is "Headhunters" by Jo Nesbo. Look for a copy in the Center Reading Room in the "Village Book Club Selections" bookcase.



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What brings you to the Village Center?



Enjoy a concert



Play chess



See an art exhibit



Watch a movie on the big screen



Get informed about local politics

Feel like your smart car is outsmarting you?

Today's high-tech cars can be remarkable or remarkably frustrating to master. Learn to take advantage of all the wonderful things your high-tech car can do and have fun in the process.



The AARP is offering a workshop to help you feel confident driving cars with the latest technology.

Join us on **Monday, July 15, at 2 p.m.** for the Smart Driver TEK workshop at the Village Center.

During this 90-minute workshop, you'll learn how to use the latest high-tech safety features in your current car, what technology to look for when shopping for a new car, the safety benefits of blind spot warning systems, forward collision warnings, smart headlights, and more. The fee is \$5 per person. Pre-registration is required. To sign up, stop by the Village Center with cash or check.



Join our Mountain Music Jam

Our Mountain Music Jam resumes on **Monday, July 22, from 6:30 to 8:30 p.m., at the Village Center.** If you know basic chords in different keys, you might want to just jump right into this bluegrass jam! Guitars, banjos, mandolins, violins, dobros and harmonicas—they're all welcome. Or just come to listen and enjoy as the musicians gather to make great sounds together.

Whether you're picking with the musicians or just listening, it promises to be a fun evening. For details, call the Village Center at 301-656-2797. The event is free.



Friendship Heights

VILLAGE NEWS

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4433 South Park Avenue
Chevy Chase, Maryland 20815

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July 2019 events calendar